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IS 7688-3 (1976): Code of practice for labelling of pre-packaged foods, Part 3: Nutritional labelling [FAD 15: Food Hygiene, Safety Management and Other Systems]

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**IS : 7688 (Part III) - 1976**

*Indian Standard*  
**CODE OF PRACTICE FOR  
LABELLING OF PREPACKAGED FOODS**  
**PART III NUTRITIONAL LABELLING**

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CODE OF PRACTICE FOR  
LABELLING OF PREPACKAGED FOODS  
PART III NUTRITIONAL LABELLING

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AMENDMENT NO. 1 DECEMBER 1983

TO

IS:7688(Part III)-1976 CODE OF PRACTICE FOR LABELLING  
OF PREPACKAGED FOODS

PART III NUTRITIONAL LABELLING

Alteration

(Page 5, clause 3.7) - Substitute the following  
for the existing clause:

'3.7 This standard does not apply to the following  
foods which are exempted from nutritional labelling  
or which are subject to special nutritional labelling  
requirements: '

(AFDC 36)

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Reprography Unit, ISI, New Delhi, India

*Indian Standard*  
CODE OF PRACTICE FOR  
LABELLING OF PREPACKAGED FOODS  
**PART III NUTRITIONAL LABELLING**

**0. FOREWORD**

**0.1** This Indian Standard ( Part III ) was adopted by the Indian Standards Institution on 31 August 1976, after the draft finalized by the Food Hygiene, Sampling and Analysis Sectional Committee had been approved by the Agricultural and Food Products Division Council.

**0.2** Food labelling is an essential component in all food processing industries. The purpose is to tell the consumer, in correct manner, about the contents of the food inside the package or container. The consumers want to know what a package contains to make sure that they are not paying for an unknown quality and quantity of the food in the package. This leads to the necessity of enumerating on the label the ingredients, net contents, and other essential points about the food in the package. It is also equally important that the declarations and claims made on the label are true and reflect the product packed.

**0.3** This standard has been issued in three parts. This part covers labelling related to nutritional aspects of food while Parts I and II cover general guidelines and claims respectively.

**0.4** This standard is subject to the provisions of the Prevention of Food Adulteration Act, 1954 and the Rules framed thereunder.

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**1. SCOPE**

**1.1** This standard ( Part III ) lays down guidelines on nutritional labelling of various kinds of prepackaged nutritive foods.

**2. DEFINITIONS**

**2.0** For the purpose of this standard, the following definitions, in addition to the definitions given in IS : 7688 ( Part I )-1975\* and IS: 7655-1975† shall apply.

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\*Code of practice for labelling of prepackaged foods: Part I General guidelines.

†Code of practice for food advertising.

## **IS : 7688 ( Part III ) - 1976**

**2.1 Nutritional Labelling** — A display of written, printed, perforated, stencilled, embossed or stamped matter upon the container of nutritionally rich foods [ see IS : 7688 ( Part I )-1975\* ].

### **3. NUTRITIONAL LABELLING**

**3.1** Nutritional labelling shall comply with the general guidelines given in IS : 7688 ( Part I )-1975\* and IS : 7688 ( Part II )-1976†.

**3.2** Nutritional information relating to food may be included on the label and in the labelling of a food product. Any added nutrient in a food product or any nutritional claim or information, should be declared on the label. If the quantity of vitamins and minerals added to the food is such that expected daily consumption provides 50 percent or more of the Recommended Daily Allowances ( RDA ) of any one vitamin or mineral for any age group of the population, the product shall conform to the standard of identity prescribed for such foods.

**3.3** Quantities of all nutrients, such as proteins, carbohydrates, fats, vitamins and minerals shall be declared in terms of 100 g of the food product.

**3.4** The declaration of nutritional information on the label and in the labelling shall comprise the following in the given order.

**3.4.1 Serving Size** — The label statement should express one serving in terms of grams, or as number of biscuits, wafers, slices and the like, or as number of teaspoonfuls, tablespoonfuls, cupfuls or the like. However, the mass in grams of one serving of the food should also be given.

**NOTE** — A teaspoonful shall be considered to mean 5 ml, a tablespoonful 15 ml and a cupful 240 ml, but servings should be expressed as mass in grams.

**3.4.2 Quantity per Container** — The quantity present in the package should be expressed in grams.

**3.4.3 Joules ( J<sup>‡</sup> ) ( or K calorie ) Carbohydrate and Fat Contents** — These should be expressed per 100 grams of the food. Joules ( or K calories ) should be calculated or determined and expressed to the nearest 10 units, and carbohydrates, proteins, and fats to the nearest gram.

**3.4.4 Protein** — This should be expressed per 100 g of the food. When a food is expected to be consumed for its protein content, the food shall conform to the Indian Standard specifications laid down for such products in terms of protein quantity and quality, both of which shall be declared on the label.

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\*Code of practice for labelling of prepackaged foods: Part I General guidelines.

†Code of practice for labelling of prepackaged foods: Part II Guidelines on claims.

‡1 kilo calorie ( kcal ) = 4 186·8 Joules.

**3.4.5 Vitamins and Minerals** — The declaration of vitamins and minerals shall include the quantities of vitamin A, vitamin C, thiamine, riboflavin, niacin, calcium and iron in that order per 100 g of the food. Optionally, the other vitamins and minerals listed in **3.4.5.1** may be listed. The declaration shall also state the quantity of the vitamin or mineral furnished by one serving ( mass in grams ) of the food in terms of its RDA.

**3.4.5.1** The following RDA and nomenclature for all segments of the population shall be employed for each vitamin and mineral listed:

<i>Compulsory Declaration</i>	<i>Optional Declaration</i>
Vitamin A ( retinol )      600 $\mu\text{g}$	Vitamin D ( calciferol )      5 $\mu\text{g}$
Vitamin C                  50      mg	Vitamin B <sub>6</sub> 1.5      mg
Thiamine                    1.0      mg	Folic acid                    100 $\mu\text{g}$
Riboflavin                 1.1      mg	Vitamin B <sub>12</sub> 1.0 $\mu\text{g}$
Niacin                     14      mg	Biotin                        0.3 $\mu\text{g}$
Calcium                    450      mg	Pantothenic acid            10      mg
Iron                        20      mg	

**3.5** A statement may be given on the label or in the labelling, upon specific written request, offering additional nutritional information. Such additional information shall also comply with all the provisions of this standard.

**3.6** The nutritional information of a food shall be suitably located on the label.

**3.7** The following foods are exempted or are subject to special labelling requirements:

- a) Infant foods, baby foods, and junior-type foods marketed and promoted for children under 4 years of age;
- b) Dietary supplements, the nutrients of which consist solely of vitamins or minerals or both;
- c) Any food represented for use as the sole item of the diet;
- d) Foods represented for use solely under medical supervision in dietary management of specific diseases and disorders;
- e) Iodized salt;
- f) A nutrient or nutrients included in food solely for technological purposes may be declared solely in the ingredient statement; and
- g) A standardized food containing an added nutrient or nutrients like enriched flour, and included in another food as a component may be declared in the ingredient statement by its standardized name without compliance with this standard, if neither the nutrient or nutrients nor the component is otherwise referred to on the label or in labelling.

**IS : 7688 ( Part III ) - 1976**

**3.8** A food labelled under the provisions of this standard shall be deemed to be misbranded if its labelling represents, suggests, or implies:

- a) that the food, because of the presence or absence of certain dietary properties, is adequate or effective in the prevention, cure, mitigation, or treatment of any disease or symptom;
- b) that a diet of ordinary foods cannot supply adequate amounts of nutrients;
- c) that the lack of optimum nutritive quality of a food, by reason of the soil on which that food was grown, is or may be responsible for an inadequacy or deficiency in the quality of the daily diet;
- d) that the storage, transportation, processing or cooking of a food is or may be responsible for an inadequacy or deficiency in the quality of diets; and
- e) that an added or synthetic vitamin or mineral is superior to one present naturally in food, or to differentiate in any way between vitamins and minerals naturally present and those added.

## **INDIAN STANDARDS**

**ON**

## **FOOD ADVERTISING AND LABELLING**

**IS:**

**7655-1975 Code of practice for food advertising**

**7688(Part I)-1975 Code of practice for labelling of prepackaged foods: Part I General guidelines**

**7688(Part II)-1976 Code of practice for labelling of prepackaged foods: Part II Guidelines on claims**

**7688(Part III)-1976 Code of practice for labelling of prepackaged foods: Part III Nutritional labelling**

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